

# REFRESHER COURSE

Physical Education

1939

DECEMBER

WEDNESDAY

27th

THURSDAY

28th

FRIDAY

29th

## SPECIAL FEATURES

BASKETBALL—

TAP DANCING—Elementary and Advanced

MARJORIE HILLAS, M.A.

Teachers' College, Columbia University, New York.

RECREATIONAL ACTIVITIES—

FOLK DANCING — MUSIC IN CAMP

ALISON McCANN

Director of Recreation Y.W.C.A. New York City.

BADMINTON

JACK PURCELL

World's Professional Badminton Champion.

Please bring racquet and birds.

MODERN DANCE

MARION HOBDAV

Instructor of the Modern Dance, The Margaret Eaton School, Toronto.

SWIMMING

ELEANOR KEYES

Graduate of The Margaret Eaton School, Instructor of Physical Education The Eaton Girls' Club, Toronto.

Please bring Doctor's certificate, shower shoes and

bathing cap.

SOCIAL DANCING

JACK LEMEN

Instructor of Dancing, 771 Yonge St., Toronto.

COURSE OPEN TO ANYONE INTERESTED

Complete Course \$5.00 - Single Class .50c

THE MARGARET EATON SCHOOL

415 Yonge Street

Toronto, Ontario

Under the Auspices of the Alumnae Association of the Margaret Eaton School, Adelaide 8339



MISS MARJORIE HILLAS, M.A., Member of the physical education staff at Teachers College, Columbia University, who will address women physical educationists of Ontario at the Margaret Eaton School's annual Refresher Course, Dec. 27-29. Miss Hillas' special departments will be basketball, tap dancing and camping.

Guest Lecturer



MISS ALISON McCANN, M.A., New York City, expert in recreational activities, will come to Toronto as a guest lecturer at the Margaret Eaton School's eighth annual "Refresher Course" for Ontario physical instructors Dec. 27-29. Miss McCann will be in charge of the folk dancing and recreational classes, and will discuss the organization of parties and music for girls' camps.

TEACHER GUEST OF HONOR.

Miss Dorothy Jackson of Margaret Eaton School staff, who left last night to continue her studies at the University of New York, was guest of honor at a dinner party given by the senior class of the school at "A Little Bit of Denmark," Bay Street. Head girl, Miss Jean Meredith and Miss Edith Selous were official hostesses.

Miss Keyes

The Director and Staff

of

The Margaret Eaton School

At Home

Tuesday afternoon, January the thirtieth

from four until six o'clock

39 St. George Street

A happy event of yesterday was the annual at home of the Margaret Eaton School, St. George Street. The rooms were colorful with spring flowers and the guests were received by Miss Florence Somers, the director, Mrs. F. G. Marriott, head of the residence, and Miss Shirley Napier of the staff. Mrs. Robert Thompson, Mrs. Andrew D. Gunn, Mrs. F. M. Jeffery, Mrs. Clifford Burnet, Mrs. A. S. Levitt Jr., and Mrs. Frank Day presided at the tea table, assisted by the resident students of the senior class. The hostesses included Mrs. E. C. MacDonald, Miss Muriel Nelles, Miss Margaret Davison. Among the guests were President and Mrs. H. J. Cody, Mrs. R. Y. Eaton, Mrs. G. B. Smith, Dr. and Mrs. Ruggles George, Mr. and Mrs. N. E. Bolton, Major and Mrs. Jones, Miss Marion Ferguson, Miss Muriel Manning, Miss Ferna Halliday, Miss Mabel Stockley, Dr. and Mrs. J. Lovell Murray, Mrs. W. A. Kirkwood, Mrs. R. O. Daly and many others.

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THE EIGHTH ANNUAL  
**ALUMNAE REFRESHER COURSE**  
IN  
PHYSICAL EDUCATION

**WEDNESDAY, THURSDAY, FRIDAY**  
December 27th, 28th and 29th, 1939

**THE MARGARET EATON SCHOOL**  
415 YONGE STREET  
Toronto - Ontario  
AD. 8339

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## GENERAL INFORMATION

Registration for Course.....\$5.00  
 Registration for Single Class..... .50

Course open to anyone interested

Coffee will be served at eleven

Badminton racquets and birds will be necessary for  
 those taking badminton instruction.

Medical certificate, cap and shower shoes, for  
 those taking swimming instruction.

Shower fee......05

## TIME TABLE

### WEDNESDAY

9.00- 9.55 .....Registration  
 10.00-10.55 .....Basketball  
                     Morning Coffee  
 11.15-12.15 .....Badminton  
                     Showers, Lunch  
 1.30-2.25 .....Tap Dancing  
 2.30-3.25 .....Folk Dancing  
 3.30-5.00 .....Recreational Activities

### THURSDAY

9.00- 9.55 .....Modern Dance  
 10.00-10.55 .....Basketball  
                     Morning Coffee  
 11.15-12.15 .....Badminton  
                     Showers, Lunch  
 1.30-2.25 .....Folk Dancing  
 2.30-3.25 .....Tap Dancing and Swimming  
 3.30-5.00 .....Recreational Activities

### FRIDAY

9.00- 9.55 .....Modern Dance  
 10.00-10.55 .....Basketball  
                     Morning Coffee  
 11.15-12.15 .....Swimming  
                     Showers, Lunch  
 1.30-2.25 .....Tap Dancing  
 2.30-3.25 .....Social Dancing  
 3.30-5.00 .....Camping Meeting

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On February 16th there passed away at her home on Avenue Road, Mrs. George C. Nasmith, for many years principal of the school in the days when it included courses in expression, dramatic art and physical education and bore the name "The Margaret Eaton School of Literature and Expression." To all those who knew Mrs. Nasmith and particularly to her former students, the news of her death brought a feeling of definite loss, and many tributes were paid to her publicly and wherever her friends were gathered together. Some of the public tributes express so much better than we can the esteem in which Mrs. Nasmith was held, that we quote them in full.

"During her long illness we have already greatly missed from those places where it was always so pleasant and so stimulating to meet her, the presence of Mrs. George C. Nasmith. Not only her Toronto friends, but many distinguished visitors, commented upon the loss they felt in her absence from those associations in which they were accustomed to find her. Now her death has made this loss permanent and we think still more of what her life has meant to the community through its gentle insistence upon all that was good and beautiful. Those who have known her for many years, and particularly those who came under her influence in The Margaret Eaton School, of which she was long the principal, will have many lovely memories. As we came away from the beautiful service in Timothy Eaton Memorial Church one of her old pupils recalled, with an appreciative smile: "She used to tell us not to go about only with the people we liked, but to cultivate also the people we didn't like, for we would find that they, too, had something to teach us."

It seemed typical of one who sought for beauty everywhere, in nature, in art, and in conduct, and who always found it and passed it on again, touched with the fragrance of her own personality, to enrich the lives of others."

- The Homemaker, The Globe and Mail

"In many parts of Canada regret was felt at the death of Mrs. George Nasmith of Toronto, formerly Mrs. Emma Scott Raff, head of The Margaret Eaton School of Expression. In her early days she was widely known as an elocutionist, but she added to that a profound interest in literature. When nearly forty years ago she became, through the late Mrs. Timothy Eaton's generosity, the founder and first principal of the School, she immediately put aesthetic and intellectual interests foremost. It would be difficult to over-estimate the stimulus she created in these fields among Canadian young people of the tranquil first decade of this century.

That the Little Theatre has become so active a cultural factor in every part of Canada is, in part at least, due to the seeds she sowed. Her pupils scattered to every part of Canada and carried with them the inspiration provided by her productions of literary drama. She was, for instance, the first to present in this country the plays of W. B. Yeats, Lady Gregory and other pioneers of the Irish literary theatre, as well as those of Tagore. It was with two of Yeats' most exquisite plays that her School won the Earl Grey Dramatic Trophy in 1910. When Hart House Theatre was established after the great war, its forces were in part recruited from young men and women trained under her; and some of the best older talent which has figured in the Dominion Drama Festivals of recent years got its first training at The Margaret Eaton School. Mrs. Nasmith was a woman of generous heart and organizing ability. Her enthusiasm for cultural interests was unlimited and infectious. Canadian civilization owes her a debt that should not be forgotten."

- Editorial, Toronto Saturday Night



"We Strive For The Good And The Beautiful"

Emma Scott Nasmith, who lived those words, gave them as a motto to The Margaret Eaton School of Literature and Expression in 1907. For eighteen years she was principal of the school, made possible by her efforts, kept alive by her endeavours and whose name still stands as a monument to her personal magnetism and courage.

For, as she spread fragrance and beauty in life, so she lay in the last, long, happy sleep, surrounded by flowers. Emma Scott Nasmith's memory will forever be kept alive by our love, watered by an occasional tear. Her physical departure from us this year has not removed her spiritual urge. May we be worthy of our next meeting.

"Let knowledge grow from more to more  
But more of reverence in us dwell  
That mind and soul according well  
May make one music as before  
But vaster."

- One of her students

On March 14th a group of about thirty graduates of the old school with Miss Hamilton, Miss Ross and Miss Thrall, met with Colonel Nasmith at the home of Mrs. Nasmith's daughter, Dorothy Scott Raff Fennell, and exchanged memories of Mrs. Nasmith and former days. Colonel Nasmith, who is going overseas to be the Deputy National Commissioner for the Canadian Red Cross in London, is getting together material for Mrs. Nasmith's biography.

The days and weeks at the school go by so quickly that we almost wonder if there will be time to accomplish anything before graduation is upon us. The seniors have finished their regular practice teaching in the public schools. The Jesse Ketchum demonstration with its forty odd numbers was run off with surprising rapidity on the 15th of March and our girls were presented with the usual fine books. It might be interesting to you to know some of the places where the seniors get extra teaching and recreation experience: Mildmay Institute (young women and young men), St. Faith's Lodge two classes, The Haven two classes, Bolton Avenue School, Edith L. Groves School, University Settlement, East End Y.W.C.A. (club work), Central Y.W.C.A. (basketball coaching), Home and School Club of Forest Hill Village (adult recreation). The Juniors got their First Aid examination off their chests before Easter and Royal Life Saving tests are now to the fore. Seniors are struggling with their Folk Dance Scrap Books and we heard one student announce that she was sure she worked at least an hour a day on hers during the holidays!

Physical Education is such a broad field that there always seems to be something that can still be added to the course. This spring the Senior students are having a course in golf given by Mr. Dave Hutchison, professional golf instructor at the University of Toronto. Even if they never have a chance to teach it,

although many of them probably will, it is surely one of those activities so strongly advocated just now as a possible carry-over into adult life!!

The Alumnae Refresher Course held on December 27th, 28th, and 29th was even more successful than usual, if that is possible. Miss Marjorie Hillas of Teachers' College, Columbia University and Miss Alison McCann, formerly Recreation Director for the Y.W.C.A. in New York City were the special guest "artists", while Mr. Jack Purcell, World's Professional Badminton Champion, taught Badminton, Mr. Jack Leman of the Boris Volkoff Studios had a class in Social Dancing, our own Marion Hobday Allen taught the Modern Dance and Eleanor Keyes '36 taught Swimming. There was a large registration both of our own graduates and of graduates of other schools. The committee in charge were Mary Barker, Margaret Davison, Dorothy Jackson, Elizabeth Pitt, with Molly Maw Purchase as convener.

Speaking of the Alumnae reminds us - have you paid your annual Alumnae fee of \$1.00? It does not matter whether you live in Toronto or not, the Alumnae needs and expects your support. Why not send your dollar immediately to Margaret Davison, 10 Elm Avenue, Toronto. "Persons who have already sent in their subscription please disregard this notice". This bit of free advertising is unsolicited by the Alumnae Association!

Again speaking of fees - to active physical educationalists only - have you paid your \$1.00 membership to the C.P.E.A. this year? That should be a professional pleasure to you. If you have not already sent this \$1.00 to Mr. Ian Eisenhardt, Secretary-Treasurer, C.P.E.A., 604 Hall Building, Vancouver, send it to-day and see how much better your professional ego will feel.

For six Wednesday evenings beginning February 7th a Course in Camp Education was held at The Margaret Eaton School under the joint auspices of the school and the Ontario Camping Association. Members of The Margaret Eaton School staff or graduates who took part were Miss Somers, Mrs. Raymer, Elizabeth Pitt, and Ruth Whiteley.

Graduates Day (March 19th) again brought many M.E.S. folk together. It is too soon to know the success of The Day but we all are looking forward to hearing the accounts of the different re-unions.

#### COMING EVENTS

April 29 - Very important - Mr. James Edward Rogers of "Across The Country" fame (see Journal of Health and Physical Education) will speak in Toronto at an evening meeting under the auspices of the school, exact time and place to be announced later.

May 18th and 20th at 8:30 - Also very important - Demonstration by the students of The Margaret Eaton School in the school gymnasium.

May 21st, 3:30 - Graduation exercises of the class of 1940.



Early in December the students, under the auspices of the Activities Association, put on an Amateur Hour to raise funds for the purchase of wool for their own Red Cross organization. As only the students and some members of the staff were present, and as the admission fee was 10¢, everyone felt they had done well in raising \$5.65. Ann Bartlet made a good master of ceremonies and much home talent was discovered.

The Christmas Service was held at the residence the last Sunday before the holidays and was the usual beautiful affair. Miss Florence Richardson, violinist of the Toronto Symphony Orchestra was a guest and her music was much enjoyed. The Dramatic Club put on a lovely little Christmas play and the Dance Club a carol in dance form.

Life at the school after the holidays was a serious affair, for weren't the mid-year examinations almost upon us? "Then if ever came hectic days" - with apologies to James Russell Lowell - and students crammed Anatomy, Remedials, Physiology, etc. etc. "well on into the night." But in the course of time the examinations were a thing of the past and all such troubles were forgotten in the skiing week-end at Limberlost Lodge in the white woods of Algonquin.

Another social event at the school since our last news letter was the School Tea held at St. George House on the afternoon of January 30th. To many of our friends this was the first opportunity they had of seeing our new residence at 99 St. George Street, formerly St. Hilda's College, and a great many came at our invitation. Miss Somers, Mrs. Marriott, and Shirley Naylor '37 who joined our staff this fall, received the guests, members of the Alumnae were social hostesses and poured tea, and the senior students in residence served.

Following quickly after the tea, came the School Formal on February 9th, held this year at the Granite Club through the courtesy of one of its members, Miss Ferna G. Halliday, director of Camp Oconto. This was a most enjoyable affair with a fine floor for dancing, good music, a very nice supper, and, of course, interesting and attractive partners. Many coffee parties were held before the dance at the homes of staff and student members. An unusually large number of graduates attended the dance and were very welcome.

#### FROM OUR MAIL BAG:

An interesting letter from Mary Adams '34 tells something of conditions in Sunderland on the north-east coast of England where she teaches. "Just at the present moment", she writes, "we are considered the most dangerous area in England (so comforting). However we have become very casual about it all . . . We have become accustomed to the sound of firing, aeroplanes, mines exploding, wrecked ships etc.... We carry gas masks always, the children either wear them in class or hang them on their desks. I have become quite proficient in the blackout although I was very nervous at first. When there is no moon, it is absolutely inky black." Mary is too busy to write many letters other than those to her own family, but this will tell you that she is all right.

Fan Lee '29 wrote in January from Hong Kong, "The whole colony is engaged in doing one kind or another war work. . . . The different kinds of uniforms marching around make the place look like a big gala masquerade. My uniform is cute - gray, plainly tailored with two pleats on each side of the skirt - 7 buttons (white) marching down the front, white collar and cuffs (short sleeves) and a red and white badge - with a muslin headgear, white shoes and stockings. We all have numbers and names sewn on the uniforms and I have been assigned to my own school." Fan is qualified as an auxiliary nurse in the medical unit but when she wrote still had to have ninety-six hours practical work in a hospital.

"We have been doing a great deal of Fancy Swimming here this winter," writes Helen Mackey '29 of the Montreal "Y", "and the city is mad about it. We are repeating a Fancy Swimming display for the third night on Friday and nearly every club is working on one. That's what the Aquacade at the World's Fair did to Montreal. . . . Our Annual Folk Dance Festival is this month too (February) and it's going to be such fun. Every country in it and in costume!"

Beryl Henderson '32 writes interestingly of her work as Recreational Director for the Government Youth Training Schools in Saskatchewan. She says, "I travel from town to town where they hold six weeks courses and stay a week doing dramatics, physical education, recreation at night and first aid, etc. . . . The other instructors teach cooking and sewing, etc."

A letter from Jean Mooney '31 to-day from Moncton says, "The first of the month the Junior Leaders Corps from Fredericton, Moncton and Saint John met at the Saint John "Y" for a play day - it was grand. We played Basketball, Volleyball, Soccer, Baseball and Dodge ball and bowled, all for fun. There were girls from all three cities on each team. That night they entertained us at a dance and the girls were billeted at homes over night. The girls loved it."

#### PERSONALS:

It is the custom of the American Physical Education Association to present a very few Honor Awards each year to members of their Association who have done outstanding work in the field of physical education. This year, we are proud to announce, Miss Somers has been honoured in being made the recipient of one of these Awards and there could be no more worthy Fellow. The Award was presented, in absentia, at the Eastern Convention of the Association held at Boston during Easter week. Altogether The Margaret Eaton School was quite to the fore at this convention, for Dorothy Jackson '27 who has leave of absence from the school to study at New York University, was in charge of a badminton demonstration. Three of our senior students, Jean Meredith, Kay Staples and Mary Walker, were supposed to assist in the demonstration, but unfortunately got stuck in a snowdrift outside Syracuse, N. Y. and got no further on their journey to Boston.

Miss Hamilton had a wonderful trip to Arizona in the fall, including a special visit to the Grand Canyon. Later she went on to California, and while there she called on Dorothy Campbell MacCartney '33 and found her very happily married.

We extend our sincerest sympathy to Helen Patterson Broom '30 in the sudden death of her little son.

Mrs. H. B. Wood of Edmonton passed away on Thursday after a long illness. Mrs. Wood was a woman of beautiful personal appearance and a lovely spirit, and we sympathize deeply with Rhoda who was one of last year's graduates.

We sympathize also with Dorothy Moore '24 in the sudden death of her father, Rev. T. Albert Moore D.D., a prominent minister in the United Church and a very public-spirited man.

We have news notes of graduates that would be of interest, but these will have to wait until the June News Letter. In the meantime, please keep us posted as to your whereabouts and send us any items of interest you may have for our special graduates' number.

*Charlotte H. Layton*



## The Cureton Rotational Testing Method Of

### Teaching Beginners To Swim

The twenty-five progressive steps lead the Beginner through the essential steps required to learn to swim.

#### Lesson 1. Orientation. Entrance tests for placement of swimmers.

- a. Test I - 1. Jump in deep water - swim 20 yds.      Test II - 1. 40 yds. - Breast  
             2. Dive (front header)                              2. 40 yds. - Back  
             3. Tread water    3. Life Saving stroke  
             4. Swim 100 yds. (over arm)                              - 20 yds.  
    4. Dives 1---2---  
    3---4---5---6---.
- b. For non-swimmers. Methods of getting in and out. Leg kicking drills, breath holding, bubbles, walking a distance.

#### Lesson 2. Featuring confidence and adjustment to water.

1. Land drill on crawl arm strokes
2. Land drill on crawl leg kicks
3. Get in alone and walk through the water 3 ft. deep without help
4. Jump in water and get out without help
5. Progressive jumping
6. Flutter kicks on back holding on to the rail
7. Flutter kicks on stomach holding on to the rail

#### Lesson 3. Preliminary Review. Featuring gliding, buoyancy, initial diving.

8. Permit being pulled on back
9. Permit being pulled on front
10. Bubbles 10 times, in through the mouth, out through the nose
11. Bobbing up and down ten times in succession.
12. Sitting, squat or kneeling dive from edge
13. Two surface dives to bottom - shallow water
14. Swim 10 feet underwater
15. Buoyancy float - 10 seconds
16. Reach under water and pick up object near feet
17. Push off and glide on stomach
18. Push off and glide on back

#### Lesson 4. Preliminary Review. Featuring initial swimming and deep water tests.

19. Glide and kick - (flutter kicks) - 15 feet
20. Glide and paddle - (any stroke) - 15 feet
21. Rotary breathing - 10 times
22. Whole stroke 20 feet
23. Jump in over head (feet first) - swim 20 feet to shallow water
24. Dive in swim 20 feet - turn around and swim back to start.

#### Lesson 5. Preliminary Review. Featuring beginners test.

25. Jump in deep water (feet first) and swim 25 ft., turn, come back to start.



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